

SEPTEMBER



2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------|---|---|----------|--------|----------|
| Individual breastfeeding counseling available during | | | Western Maryland Health Systems (WMHS) | | | |
| pregnancy or after delivery. Call 301-759-5020 to schedule. | | | Monthly BF Support Group meets on the 4 th Wednesday of each | | | |
| (Allegany County) | | | month, 11:00 am -1:00 pm. | | | |
| | | | Call: 240.964.6400 for additional information. | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Labor Day | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | | | | | |
| | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | 17 | | 13 | 20 | |
| | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 22 | 23 | Prenatal Breastfeeding | 25 | 26 | 21 | 26 |
| | | Class at Western | | | | |
| | | Maryland Regional | | | | |
| | | Medical Center's Auditorium 6-9:00pm. To | | | | |
| | | register call | | | | |
| | | (240) 964-6400 (classes | | | | |
| | | free of charge) | | | | |
| 29 | 30 | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |



OCTOBER 2019



| Monday | Tuesday | | | | |
|--|--------------------------|-------------------------|---|---|---|
| | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County) | | | Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information. | | |
| | 1 | 2 | 3 | 4 | 5 |
| | 8 | 9 | 10 | 11 | 12 |
| L4 Columbus Day | 15 | 16 | 17 | 18 | 19 |
| 21 | 22 | 23 | 24 | 25 | 26 |
| 28 | 29 | 30 | 31 | | |
| 77 | er delivery. Call 301-75 | 1 1 8 15 Dlumbus Day 22 | Monthly BF Support G month, 11:00 am -1:00 Call: 240.964.6400 for a | Monthly BF Support Group meets on the 4 th Womonth, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information. 1 | Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information. 1 |



NOVEMBER 2019



| s Best | | | | | | |
|--|--------------|---|-----------|--------------|-------------------------------------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County) | | Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information. | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | Veterans Day | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge) | 27 | Thanksgiving | American Indian Heritage Holiday | 30 |